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Bangalore Mirror

TEMP Max 35 | Min 21 | Humidity 26% Clear with periodic clouds Sensex 59,567 | Nifty 17,618 | Gold 60,194 | Silver 75,448 | Dollar 82.17 | Euro 90.02 | GBP 102.32

How rampant tree feeling is affecting microclimate of Bengaluru neighbourhoods, further raising the summer sizzle

AS YOU SAW, SO SHALL YOU REAP

'RR Nagar and Ullal record one degree Celsius more heat'

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Do you know why RR Nagar and Ullal record higher temperatures than other parts of Bengaluru? The reason is rampant felling of trees in these two areas. When compared to other areas, RR Nagar and Ullal record one degree Celsius more heat than other parts of Bengaluru.

While other parts of Bengaluru recorded 34 degrees Celsius, RR Nagar and Ullal recorded 35 degrees Celsius. There are occasions where Kengeri and Ullal record 39.90 degrees Celsius while the temperature is lower in localities such as Yediyur, Hampinagar, and Jogupalya at 37.60 degrees.

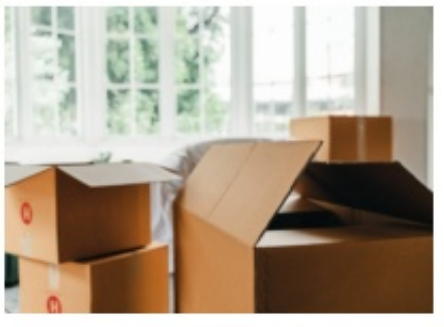
According to Bruhat Bengaluru Mahanagara Palike's (BBMP) deputy conservator of forests, tree felling is rampant in and around RR Nagar Zone; 'the people responsible for felling trees think that they can get away by name-dropping to threaten

CONTINUED ON PAGE 6 »

"We inspect the spot and refuse applications, if the trees are healthy. However, they cut those trees without permission — DCF, BMMP

No room for rent, Bengaluru?

Landlords demanding exorbitant rent amounts alongside multiple rounds of interviews on employment details, personal lives and so on



| Rachana Ramesh
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TWEETS @BangaloreMIRROR

Finding a home to rent in Bengaluru's tech corridors has become a much more arduous task akin to looking for a needle in the haystack.

A recent tweet of an image of two spectators at the recent RCB vs CSK cricket match holding a poster that said – 'looking for a 2BHK in Indiranagar' – went viral on social media platforms, highlighting the situation of housing in India's silicon valley.

Techies complained of landlords demanding exorbitant rents alongside multiple rounds of interviews regarding their employment details, queries about their personal lives and so forth.

Pradeep Melakundi, an employee at an MNC, recently moved to the city from Kalaburagi. He has been searching for a house in Koramangala since January. "I'm currently living in a paying guest accomodation in order to save money. They provide three meals a day for the same amount I would be paying as rent for a 1 BHK," said Melakundi, adding that most of his migrant co-workers are opting to do the same due to high rents and advance payment rates.

While questions on marital status and having pets are common, instances of landlords demanding to see the person's

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Musings

Musings Come and enjoy musings on poetry and a poetry reading session by Ramendra Kumar, Dr Koshy AV and NE Samuel (Ethiopia) from their latest books. The event will be anchored by Devika Varma and also contain the giving away of two certificates, a launch of four other books besides the main three ones, and a Wikipedia page as part of its surprises. **Where: Atta Galatta**
When: April 22, 11:30 am– 1 pm; Info: 9019680498

02 Get grooving

Shuffle Dance or "Cutting Shapes" as it is sometimes called, is characterized by quick and slick footwork, danced to the latest EDM music. It's a fun and upbeat dance that has many mental and physical health benefits (by Motley Dance Company). **Where: Lahe Lahe**
When: Friday, 21st April, 7.30– 8.30 pm

03 Summer fabrics

Summer is here, time to float around in natural, light muslin.. From urban living to exotic beaches, the new MalMal collection is the perfect material for the summer months. Wrap yourself in our airy cottons, so soft, smooth textured, light, sheer, skin-friendly; in shades that are a balm to the eye and light on the body. Wear it throughout the day and bask in admiring gazes while enjoying its lovely feel. Wear what you want, mix it yourself, express your individuality. **Where: RainTree, Sankey Road**
When: April 20 – 22, 10 am to 7 pm
Info: 9810106258/9717575099

UPI? Not for everyone

While cashless economy is growing, many are choosing to deal in money

| Sridhar Vivan
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Although more and more people are gravitating towards a cashless economy, where everyone from flower vendors to retail giants use UPI for payments, there are still some businessmen who say they prefer cash transactions.

Venkateshappa R, who runs an electrical shop near Bagalagunte bus stand, now insists customers pay cash only because some of his wholesale vendors demand cash payments. Sunanda Narayanappa, a vegetable vendor, initially welcomed the use of UPI but changed her mind because digital transactions are often disrupted during peak hours. Ramanna, who runs a hotel in Seshadripuram, also insists only on cash payments because customers try to cheat him by showing him old screenshots of digital payments, and it becomes difficult to wait until he receives a message from the bank regarding the credited amount.

However, many still find UPI a great boon. In fact, UPI transactions have a clear upper hand compared to other cashless transactions. In 2022-23 (until January), the financial transactions via card was Rs 672.24 crore, while UPI transactions amounted to Rs 6,752.80 crore.

Union Minister of State for Finance Bhagwat Karad recently told Rajya Sabha that several steps have been taken to safeguard customers from UPI fraud. UPI has a concept of device binding, where the mobile number of the user is bound with their mobile device, making it impossible for anyone to intercept. The user also requires their debit card credentials and an OTP for UPI PIN creation to link their bank account to the UPI app. UPI apps provide in-app intimation if a user is initiating payment to an unknown beneficiary. Customer awareness is being carried out by multiple stakeholders in the payments ecosystem, and the government has also come up with the national cybercrime reporting portal. According to a report by FIS, the use of cash has declined from 71% of POS transaction value in 2019 to just 27% in 2022.

More and more steps are being taken to ensure UPI-related fraud and such cybercrimes decrease in number

Digital wallets have grown from 5% to 35% of POS value. UPI has become India's leading digital payments platform, growing at a tremendous rate of 427% in transaction volume between March 2020 and August 2022. According to Worldline report, Bengaluru has emerged as the city with the highest number of digital transactions, with 29 million transactions valued at INR 65 billion.

UPI, cards, and PPIs alone clocked over INR 149.5 trillion worth of digital transactions in 2022.

Clarification on UPI charges

The National Payments Corporation of India (NPCI) has clarified that UPI transactions made through bank accounts continue to remain free for customers and merchants, and that the recent introduction of interchange charges only applies to PPI merchant transactions.

Unauthorised private schools on Education Dept's radar

The Education Department has set a deadline of 45 days for unauthorised private schools to obtain recognition, failing which such schools will face action.

An Education Department official said that schools found operating without proper registration and permission will be closed as per the rules outlined in guidelines 2023-24, which outlines the requirements for starting educational activities. Additionally, schools must obtain official permission to teach state textbooks in the central curriculum.

An Education Department official said schools found operating without proper registration and permission will be closed as per rules

In a circular issued by the School Education Department, private schools were given notice that they must publish details of the fees they charge and adhere to the syllabus prescribed by the Education Department. Schools must also recruit teachers based on the student-teacher ratio and form a Fee Fixation Authority. Complete information about the school must be published on the notice board, and certification should be given when required. No capitation donations can be received, and students cannot be subject to interviews. Any violation of these rules will result in disciplinary action.

BM on April 18 covered how students were waiting for admissions to be approved

The following schools have come under the radar of the Education Department now: Unregistered schools running without permission, schools teaching in other mediums without permission, schools with unofficial extra sections, schools continuing to teach the state curriculum in the same building along with central syllabus and schools that have adopted other textbooks after obtaining permission in the state curriculum.

KAMS disputes classification

Karnataka Associated Managements of English Medium Schools (KAMS) General Secretary, D Shashi Kumar, stated that the Education Department has identified 1,600 schools as unauthorised. "We have already clarified that 620 schools are not technically unauthorised. These schools have opened additional sections, which have been duly notified in the Education Department's database. In fact, the Education Department has already provided RTE seats and reimbursement for such schools. This is nothing but an eyewash. We challenge the Education Department to release a list of the 'real' unrecognised schools," he said. **— BMB**

VTU postpones exams

Visvesvaraya Technical University (VTU) has postponed the first-semester engineering exams that were scheduled to take place from April 20 to April 27 as the admission process for engineering students under the purview of the university has not been approved. Additionally, it has been reported that some lecturers are unavailable due to election work, making it difficult to conduct the exams. VTU officials have confirmed that the new exam schedule will be published on the university's website shortly.

Landing in trouble: Mahadevapura edition

DC issues order in favour of builder; cancels it in 17 days

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If the latest instance of constructing a multi-storied building in Mahadevapura Zone is anything to go by, it seems the authorities concerned are not bothered about verifying documents submitted by the builder while giving permission for the construction of a building or regularising the government land that is encroached by the builder.

The Deputy Commissioner (DC) of Bengaluru Urban issued an order regularising the government land at lightning speed, and the same was cancelled at matching speed after activists raised a red flag.

It is amusing to come across an order issued by Bengaluru Urban District Deputy Commissioner allowing the builder to use four guntas of government land, allegedly encroached by the latter. Generally, the DC takes more than one or two months to consider such applications from builders. However, the DC issued an order within 10 days in this case.

This construction in Mahadevapura is allegedly violating buffer zone norms

It is said that NVR Developers submitted an application to the DC on January 24, 2023, seeking regularisation of four guntas of land. The DC issued an order on February 3, 2023, within 10 days, granting the land to the developer. The builder had applied for permission after commencing construction and completing more than 50 per cent of the building.

The builder also submitted the application to the DC only after an activist filed a complaint with the National Green Tribunal South Zone, Chennai. Paramesh V, an activist from Belthur Colony, lodged a complaint with the NGT South Zone, Chennai on November 14, 2022, and AS Brinda, an advocate, appeared for this case on behalf of Paramesh.

> **How come only this particular application (file) has been cleared within a span of 10 days? It proves the colluding of authorities with the builder**
>
> –AS Brinda, advocate

The DC cancelled the order issued on February 3, within 17 days based on the report submitted by THE Bengaluru East Tahsildar. The report confirmed the encroachment of government land and a stormwater drain. Surprisingly, the KSPCB engineer certified that there was no encroachment of the buffer zone. However, he agreed to take action after the cancellation.

"It is their (KSPCB) duty to protect the environment and water bodies," he said.

AS Brinda said many files at the Deputy Commissioner's office would be pending for years. "How come only this particular application (file) has been cleared within a span of 10 days? This is nothing but a mockery of law. And prima facie, it clearly proves the colluding of government authorities with the builder," said Brinda.

Rowdy sheeter murdered

Police have arrested six suspects in the murder of rowdy sheeter Karthik from Halasuru. He was brutally killed with a machete eight days ago. Karthik was an associate of Wilson Garden Naga, a notorious rowdy sheeter in the city. He had more than ten police cases against him, including charges of rape, murder, and attempted murder. In the wake of the assembly elections, the police were preparing to deport him as well.

However, on the morning of April 11, he was murdered by his own group in front of his house in Jogupalya. **–BMB**

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Mugging on rise in these areas

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Residents have complained about a rise in mugging and robbery cases in Pulikeshi Nagar and Cooke Town, located in east Bengaluru. Banaswadi railway station and Lingarajapuram flyover are also considered to be prone to mugging incidents. Last week, a girl was attacked at the junction of Carleston Road and Wheeler Road, and in another case, a person was robbed outside a store in Pulikeshi Nagar by two guys with swords on a bike.

Residents say that the area was peaceful earlier, but there has been a sudden rise in unlawful activities. One of the main areas where mugging cases are on the rise is near Banaswadi railway station. Some trains arrive at 4:30 am, and when passengers get down and try to take an auto, the auto drivers ask for a lot of money. Consequently, people choose to walk to the main road, but they are followed from the railway station and mugged. A family coming from the railway station was followed and had their laptop, jewellery, and money snatched away just four days ago, claimed a resident.

Another resident added that his house is a 10-minute walk from the railway station, yet his cousin stayed on the platform until 6:30 am and then decided to come out due to the fear of mugging. "Earlier, my wife and I used to go out to feed stray dogs early in the morning at 5 am, but the police, who were patrolling in the area, warned us not to come out early in the morning," he added.

The resident welfare associations have also approached the Pulikeshi Nagar police station about the rise in mugging incidents and demanded more patrolling in the area. "The police should identify lonely pockets in the area where these incidents are happening. If the police want to catch these accused, they need to come in normal clothes and not in police vehicles. The muggers get alert when they see a police car, so they are never caught," said Suraj, a resident. Police say that most of the muggers are unemployed youngsters who are doing it to make easy and fast money.

PIC FOR REPRESENTATION ONLY

> **If the police want to catch these accused, they need to come in normal clothes and not in police vehicles. The muggers get alert when they see a police car**
>
> – Suraj, resident

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Time for upgrade: Party manifestos need this...

Activists want strengthening of ward committees to be mentioned in election manifestos

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Citizens assemble for a political rally in karnataka; Activists say said that the main problem lies in how the ward committee members are selected – political parties often put up their own people as members

After much public pressure, the Bruhat Bengaluru Mahanagara Palike (BBMP) began conducting ward committee meetings in 2018. Karnataka Ward Samiti Balaga, a collaboration of civic organisations from 11 cities across the state, has now demanded that political parties take up the matter of running these forums effectively and include it in their election manifestos.

"Ward committees, as introduced through the 74th constitutional amendment act, provide the institutional framework for citizen participation. The citizens, under the leadership of the councillor, not only come together to address their immediate grievances but also collaborate with the city corporation to plan the development of their neighborhoods," said Santosh Nargund, Head of Civic Partnership, Janaagraha, an organisation that is part of the Balaga. The meetings are mandated to take place in 11 cities across the state, such as Kalburgi, Shivamogga, and Tumakuru, but have been initiated only in a few.

Rajkumar Dugar, an activist who has been attending these meetings for three years from Vasanth Nagar ward 92, complained that the ward committees are not functioning in the manner they should. "There is no sanctity to the discussions that take place and commitments that are made during the meeting," he said, adding that a one-week prior notice is not provided, nor a briefing after the meeting given to the attendees. He noted that the lack of elected councilors and corporators, due to the stalled BBMP elections, has led to a lack of accountability and transparency.

Srinivas Alavilli, a civic activist who has been actively advocating for optimum functioning of ward committees, said that the main problem lies in how the ward committee members are selected. "Political parties often put up their own loyal people as members," he said, and suggested that a lottery system must instead be put in place.

"Residents as well as members of political parties can sign up to be a member of the ward committee after showing proof that they belong to a particular ward. After which, they can be selected through a lottery system to ensure the process is fair," he explained. There must also be reservations for women and Resident Welfare Associations (RWAs), he said.

He noted that while funds (Rs 2 crore per ward) are provided at a ward level, there's a lack of transparency on where the funds are being allocated. "The meetings must begin with the follow-up of the last meeting. The biggest complaint is that even after a good meeting, we don't know what has changed," he said and added that there is a need for designated ward offices to be constructed for the ward meetings to take place. Since the ward delimitation, increasing the number of wards from 198 to 243, many newly formed wards have been conducting their meetings at parks and other public spaces.

> **"There is no sanctity to the discussions held/ commitments made during the meetings**
> – Rajkumar Dugar, activist

Ward committees in the city are witnessing a gradual increase in their popularity and have turned out to be consistent in the past six months, revealed a recent study undertaken by Janaagraha.

It was found that between September and December last year, out of the 1,864 ward committee meetings that were mandated as per law, the city's civic body conducted 1,553 meetings.

The Balaga has demanded that under the aegis of the Urban Development Department (UDD), appropriate rules and regulations should be implemented to form a council within one month of elections in all municipal corporation cities, including Bengaluru. The process of forming ward committees should be initiated through the rules and regulations provided by the UDD.

Fixing trash trouble, one team at a time

What do you do if you encounter a garbage dump in your neighborhood? Most of us choose to ignore the stinking pile, close our noses, and walk away. Why? Reporting a garbage pile to a government agency and getting it cleaned can be a tough nut to crack.

However, on the occasion of world earth day (April 22), a city-based organisation has come up with a solution for garbage piles dumped at every nook and corner along the city's streets.

An initiative by Jhatkaa.org, the application christened 'Namma clean-Bengaluru' will allow citizens to report garbage spots within 500 m of their vicinity, inform the Bruhat Bengaluru Mahanagara Palike (BBMP) officials concerned, and create a citizen squad to fight the garbage menace in the future too.

Launched recently, the application already has received a few garbage piles to manage.

"Bangalore currently generates more than 6,233 tonnes of garbage every day and out of this, only 10 per cent of waste gets recycled. We have realised this is mainly due to unsegregated waste, lack of infrastructure, and awareness among citizens. There is a huge gap between the citizens and awareness around waste management. Thus, to bridge this gap, we have come up with this tool," said Chiku Agarwal of Jhatkaa.

Experts agree that to alter the city's trashy image and deal with the ever-growing garbage crisis, citizens will have to play an important role. This initiative is expected to compel citizens to 'invest in our planet' by following the simple steps.

Sign up online (https://clean-bengaluru.jhatkaa.org/reports), report garbage within 500 m of your vicinity, and get help in creating your squad.

According to the not-for-profit organisation, the activity aims to create clean and green spaces by mobilizing citizens and decision-makers. Once a squad is created in an area of 500 m (radius), no other squad can be created. After the citizen reports the garbage pile on the application, a Jhatkaa representative will approach the BBMP and inform them about every reported garbage pile.

"We have also reached out to the BBMP officials concerned and given an overview of the application. We also explained how building citizen networks to address issues regarding solid waste management can be useful. The official acknowledged our efforts and advised us to include BBMP's zonal officials in our module for clean-ups," informed Agarwal. — BMB

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Repairs needed

HAL

The stormwater drain at D cross, Brindavan Layout, LBS Nagar, HAL, needs to be cleaned and repaired.

Daily nuisance

Old Airport Road

Garbage is being burnt daily near KGA golf club on Old Airport Road.

Renting homes gets tougher

CONTINUED FROM PAGE 1

resume or LinkedIn profiles have constantly propped up on social media. Recently, a netizen, Goutham, shared a screenshot of a WhatsApp chat with a house owner who asked him for his LinkedIn profile and a small write-up about himself. Many shared a similar story. For instance, a user replied: "This is happening quite a lot in Bengaluru. I know a couple of my friends who are ready to pay a good amount for rent but they're asked a lot of questions; then the rent is quoted again with an increased rate... They're still hunting for a house."

A half yearly report (January-June, 2022) by No Broker, a property rental and buying portal revealed that on average, rents have increased by 12% in the majority of the metros in the nation, with the highest increase in Bengaluru with over 16.7% increase.

The phenomenon has arisen as the majority of workplaces in the city have mandated a return to work from office, forcing many to relocate. Since construction activity was also muted for two years during the pandemic, many housing projects have remained unfinished, causing a demand and supply issue. Another report from the same organisation released in November said rent in gated housing communities such as apartments in Bengaluru witnessed an increase by 40% due to high demand.

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Don't let back pain hold you back

People working on computers, and using uneven roads are more likely to have back pain; city doctors recommend lifestyle changes

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

Recently, a Delhi High Court judge conducted court proceedings while standing, highlighting the issue of back pain. As many people return to the office in Bengaluru, doctors warn that sitting for long hours can lead to back pain.

Dr Maheshwarappa BM, Head and Senior Consultant for Neuro Rehabilitation at Sakra World Hospital, suggests that spending more time sitting on a chair or bed can be harmful to health.

He said that sitting for extended periods is referred to as the 'new smoking' because it can cause long-term damage. It is recommended to change sitting postures frequently and to stand or move around to relieve physical stress. Maintaining an active lifestyle is also crucial.

Reportedly, in the younger age group, people who drive or use public transportation for long periods of time, work on computers without proper ergonomics, and use uneven roads are more likely to have mechanical back pain.

Dr Ravikumar Mukartihal, Consultant Orthopaedic and Joint Replacement Surgeon at Sparsh Hospital, told Bangalore Mirror that there are many reasons why people experience back pain and neck pain.

Tips to manage back pain

- If you have back pain, visit your nearest doctor. Sometimes there might be minor wedge fractures. For example, if they have osteoporosis, during their commute if they hit a pothole, they might have a wedge fracture or a disc issue. Even if it is minor or major, it has to be shown to a doctor.
- Take nutritional supplements to avoid any deficiency
- Reduce weight to avoid strain on the back
- Exercise to tone your muscles
- Focus on ergonomics. Opt for the right kind of chair

Due to heavy traffic and long commutes, many young people are visiting the hospital with non-specific pathology. Patients with fibromyalgia, a condition where sore muscles connect the central structure of the body, should correct their ergonomics and strengthen their back and neck muscles naturally, he said.

Furthermore, to alleviate the issue, he recommends lifestyle changes and muscle strengthening rather than medication.

Patients should reduce weight to avoid strain on their back and eat food that has calcium and Vitamin D. Exposure to the sun for at least 30 minutes is important. Ergonomics is also critical.

The workplace should have a proper chair with arm support and back cushion, and the height should be adjusted every day. Physiotherapy exercises can also help. Bone health is also important, and injuries like neck and back pain can be avoided by toning muscles and taking nutritional supplements, he explained.

Dr Maheshwarappa also suggested making individualised recommendations for ergonomic workstation adaptations to match job demands with the personal physical profile. He asked to consult an ergonomist before modifying the environment and participate in physical reconditioning sessions with a rehabilitation specialist.

For the young and old alike, working from home poses new ergonomic challenges. It is never too late to take control of your habits, especially the most stressful habitual postures.

Here's to making streets clean and safe

Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

Bengaluru's Mahadevapura Flyover area, which had been a notorious open garbage dump for years, has been transformed into a beautiful public space. The concerted effort of team Bruhat Bengaluru Mahanagara Palike (KR Puram Division) and volunteers from The Ugly Indians has resulted in the complete elimination of garbage from the spot within just two days.

The spot-fixing methodology that has been tried and tested over the past year has once again proved successful. The first step involved deep cleaning and vigilance for two to three days by the BBMP team. This process reduced the dumping by 50 per cent without any painting or beautification.

Step two involved space transformation, where the place was beautified with tried-and-tested design templates executed by the BBMP team and volunteers. Step three was night vigil and enforcement, where BBMP marshals did night duty and enforced fines on all violators.

Mahadevapura Flyover area has been tranformed into a beautiful public space

This team's effort has been praised by residents and volunteers who have witnessed over 200 such spots being reclaimed and eliminated across city in the past 12 months

This team's effort has been praised by residents and volunteers who have witnessed over 200 such spots being reclaimed and eliminated across Bengaluru in the past 12 months. The involvement of BBMP pourakarmikas, marshals, local residents, and volunteers has been crucial in achieving clean streets in the city.

A volunteer from The Ugly Indian expressed confidence that this transformation will be sustained and encouraged more residents to attempt the same at garbage black spots in their neighbourhoods.

The transformation of the Mahadevapura Flyover area has not only eliminated a notorious eyesore but has also made the area safe and hygienic for walking. This effort has set an example for other areas in the city, and serves as a reminder that a clean and beautiful city is possible with collective effort.

Stealers of summer shade

CONTINUED FROM PAGE 1

BBMP forest officers'.

"I am not happy with residents of RR Nagar Zone becoming insensitive towards the environment. Most of the residents are educated and are well aware of the importance of greenery. The residents themselves prevent some insensitive people from cutting down trees," said BBMP deputy conservator of forests Sarina Sikkaligar.

The DCF said the BBMP forest department registered more than 20 first information reports (FIRs) in the last one year. "Many people submit applications seeking permission to cut trees. We inspect the spot and refuse applications, if the trees are healthy. However, they cut those trees without permission," the DCF said.

Nirmala, resident of BEML Layout, was injured when the branch of a tree 'cut illegally' fell on her

On Tuesday, Nirmala, a 60-year-old woman sustained injuries after a branch fell on her when she tried to save a tree from being cut illegally at BEML Layout in RR Nagar. It is believed that Nirmala had nurtured the tree opposite her house for many years. It is alleged that her neighbour engaged workers to cut the tree. Police visited the spot and registered a case; Nirmala was admitted to hospital for treatment.

On the cutting of a tree on Tuesday, the BBMP DCF said the range forest officer of RR Nagar zone has registered a FIR against the resident for cutting the tree without permission. "The forest department officials have initiated an inquiry into the incident," the DCF said.

Residents and environmentalists condemned indiscriminate felling of trees in and around RR Nagar Zone. "It is wrong to cut trees without permission from the authorities," said Nivedita Sunkad, managing trustee of I Care, RR Nagar.

Environmentalist Suresh Heblikar expressed concern over the indiscriminate felling of trees in Bengaluru. He described the trees as an ecological asset given to human beings by God.

"No tree should be cut in the name of infrastructure development. I want the government to take up developmental works without disturbing ecological assets. Recently, I received a phone call from a person stating that a property owner has cut three fullygrown trees to facilitate construction of a building. We should not cut trees, wipe out grasslands and convert lakes for other purposes," said Heblikar.

HEALTH TIP: Pak choi is low in calories, high in fibre and contains no cholesterol

Eggs a great source of protein and their yolks have choline, an important nutrient for memory development

BangaloreMirror | 7
Thursday, April 20, 2023
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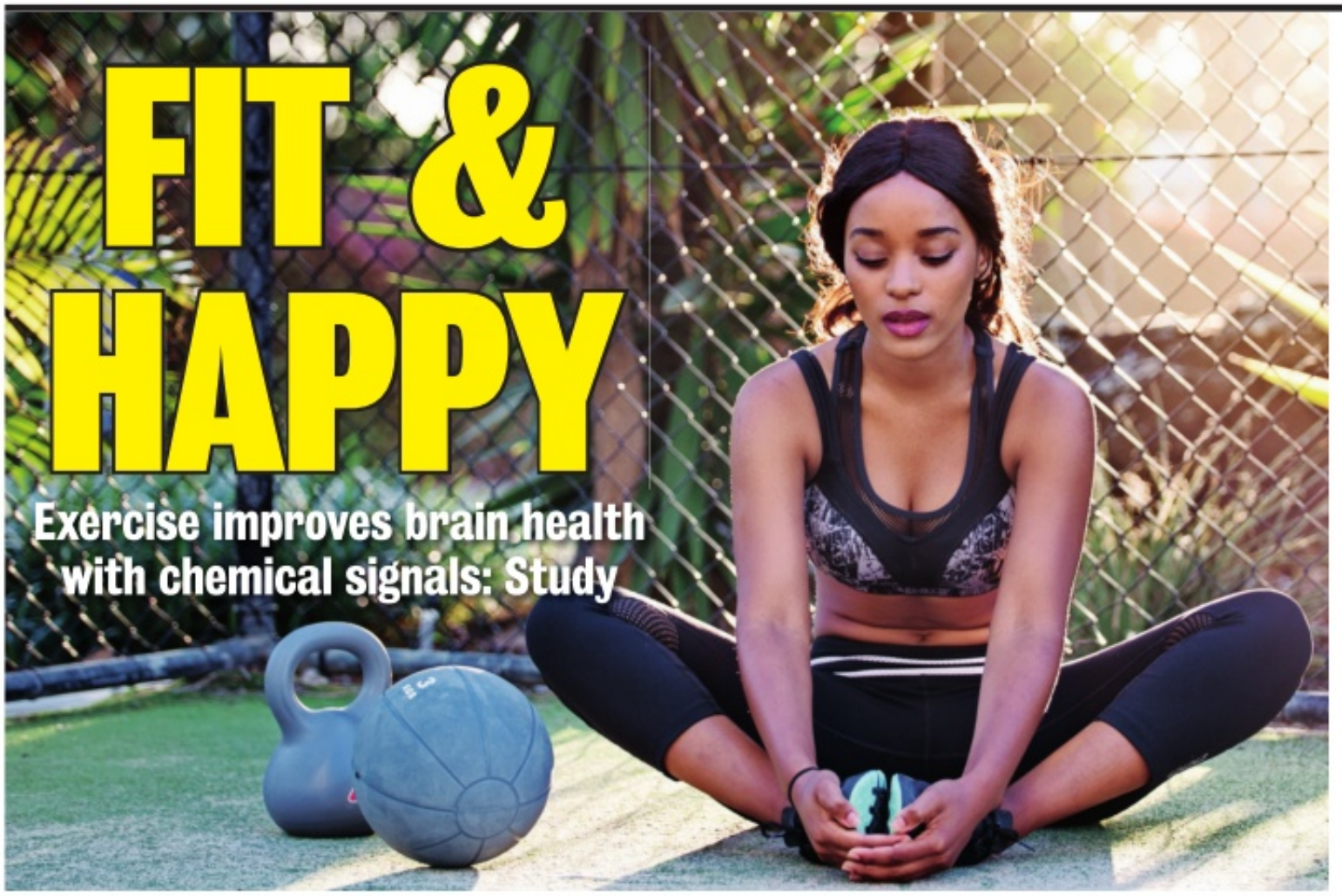
FIT & HAPPY

Exercise improves brain health with chemical signals: Study



Physical activity is frequently mentioned as a way to improve both physical and mental health. Researchers at the Beckman Institute for Advanced Science and Technology discovered that it may also directly improve brain health. They investigated how the chemical signals released by muscles during exercise promote neuronal development in the brain.

Their work appears in the journal Neuroscience.

When muscles contract during exercise, like a bicep working to lift a heavy weight, they release a variety of compounds into the bloodstream. These compounds can travel to different parts of the body, including the brain. The researchers were particularly interested in how exercise could benefit a particular part of the brain called the hippocampus.

"The hippocampus is a crucial area for learning and memory, and therefore cognitive health," said Ki Yun Lee, a Ph.D. student in mechanical science and engineering at the University of Illinois Urbana-Champaign and the study's lead author. Understanding how exercise benefits the hippocampus could therefore lead to exercise-based treatments for a variety of conditions including Alzheimer's disease.

To isolate the chemicals released by contracting muscles and test them on hippocampal neurons, the researchers collected small muscle cell samples from mice and grew them in cell culture dishes in the lab. When the muscle cells matured, they began to contract on their own, releasing their chemical signals into the cell culture.

The research team added the culture, which now contained the chemical signals from the mature muscle cells, to another culture containing hippocampal neurons and other support cells known as astrocytes. Using several measures, including immunofluorescent and calcium imaging to track cell growth and multi-electrode arrays to record neuronal electrical activity, they examined how exposure to these chemical signals affected the hippocampal cells.

> **Researchers were interested in how exercise could benefit the hippocampus, a part of the brain crucial for memory and learning**

The results were striking. Exposure to the chemical signals from contracting muscle cells caused hippocampal neurons to generate larger and more frequent electrical signals -- a sign of robust growth and health.

Within a few days, the neurons started firing these electrical signals more synchronously, suggesting that the neurons were forming a more mature network together and mimicking the organization of neurons in the brain.

However, the researchers still had questions about how these chemical signals led to growth and development of hippocampal neurons. To uncover more of the pathway linking exercise to better brain health, they next focused on the role of astrocytes in mediating this relationship.

"Astrocytes are the first responders in the brain before the compounds from muscles reach the neurons," Lee said. Perhaps, then, they played a role in helping neurons respond to these signals.

The researchers found that removing astrocytes from the cell cultures caused the neurons to fire even more electrical signals, suggesting that without the astrocytes, the neurons continued to grow -- perhaps to a point where they might become unmanageable.

"Astrocytes play a critical role in mediating the effects of exercise," Lee said. "By regulating neuronal activity and preventing hyperexcitability of neurons, astrocytes contribute to the balance necessary for optimal brain function."

Understanding the chemical pathway between muscle contraction and the growth and regulation of hippocampal neurons is just the first step in understanding how exercise helps improve brain health.

"Ultimately, our research may contribute to the development of more effective exercise regimens for cognitive disorders such as Alzheimer's disease," Lee said. **-ANI**

MIRRORLIGHTS

Study uncovers emotion-focused therapy for bipolar disorder

A therapeutic tool focused on emotional awareness that increased activation and connectivity of an emotion-regulating centre in the brain has been discovered by researchers. The therapy may be useful in the long-term treatment and prevention of relapse in bipolar disorder (BD).

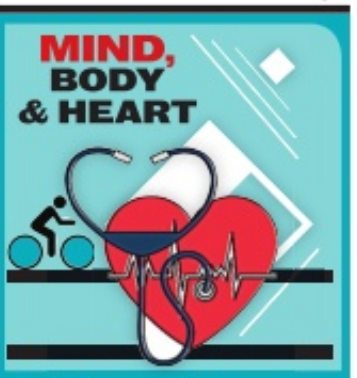
The findings of the study were published in Biological Psychiatry: Cognitive Neuroscience and Neuroimaging

Patients with bipolar disorder have alternating extreme mood states characterised by mania, depression, and impaired social functioning. The complex mechanisms of BD make it difficult to treat, frequently necessitating a cocktail of medications and behavioural interventions that can take years for the provider and patient to successfully personalise.

Led by Kristina Meyer, PhD, and Catherine Hindi Attar, PhD,

at Charite – Universitatsmedizin Berlin, in Berlin, Germany, the researchers investigated the impact of two psychotherapeutic interventions on BD symptoms and on amygdala activation and connectivity with other emotion-related brain regions using functional magnetic resonance imaging (fMRI).

The amygdala -- a pair of small, bilateral regions in the brain's limbic system -- helps regulate emotion and detect salient stimuli. Research has shown that BD patients (outside of a manic episode) display altered activation and functional connectivity of the amygdala. **-ANI**



All problems solved

Dear Coleen

I have a problem with my boyfriend's ex. When I got together with him, he was still with her. They'd been in a relationship for eight years, which was fizzling out. I accept we hurt her a lot and I doubt she'll ever think warmly of me, but she has kept in touch with my boyfriend, probably because of the amount of time they were together. It really gets to me that they're still in touch, not least because we have a baby now. My boyfriend is quite naive and I don't think he'd suspect she'd want to start anything sexual or romantic, but I'm not so sure. She does have a boyfriend, so why is she keen on staying close to mine? Should I tell him I want him to stop seeing her?.

COLEEN SAYS

Well, the relationship was fizzling out from his point of view, but did he tell her that? It shocks me that she wants to be friends with him, but hates you when he's the one who cheated. So, let's deal with how you feel. You kind of knew what you were getting into with him and I think the reason you feel insecure is because you know how you met him. Your relationship started as an affair and, subconsciously, you might be thinking: Is this going to be me eight years down the line when the honeymoon's over? His track record isn't great, so perhaps you can feel some empathy with his ex now you're feeling insecure. He's probably enjoying the fact he has you and the baby, and his ex still wants to be in his life – it's good for his ego. If I were you, I'd be saying that while you can't dictate who he's friends with, he needs to decide which relationship is more important. And if he loves you and knows this friendship is upsetting you, then he should step back from it. If your boyfriend can't do that for you, then it'll be hard to build trust.

— Coleen Nolan, Daily Mirror

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CHANGE OF NAME

I, ALI ASGAR S/o. Munafbhai Amirbhai Viramgamwala, residing at No. 7/9, 18th Main, 21st Cross, J.P Nagar 5th Phase, Bengaluru-78, have changed my name to ALIASGAR MUNAFBHAI VIRAMGAMWALA, vide affidavit dated 19.04.2023, sworn before notary K.S Chandrashekar, Bangalore.

I, Aruna Cheluvaraju R/o #34, 1st main, 4th cross, Kottige palya, Vishwaneedam post, Bengaluru 560091 have changed my name to Arun cheluvaraju affidavit Dt.19/04/2023 notary Ganesh Gowda M.V, Bluru

I, S. Mohammed Raffi S/O, Mohammed Shariff R/o No 5 Senapathy Whiteley Pvt Ltd Achalu Pb No 10 Ramanagar have changed my name to S. Mohamed Raffi for all purposes

I, SYED QIZAR S/O Syed Sultan #444 9th man h b r layout B'lor-43 have changed my name to SYED KHIZAR for all purposes.

I Shabana W/O, Sheik Yarab R/o No 69, Bhimaganahalli Village, Budikote, Balamande Kolar- 563120 have changed my name to Sahara Banu

I, LAKSHMI JANARDHAN, Residing at No 15, Sri Ranga Nilaya, Rathna Vilasa Road, Basavangudi, Bangalore - 560 004, Have changed our minor daughter name SHRIYA L JANARDHAN to SHRIYA LAKSHMI JANARDHAN vide affidavit dated 31/03/2023 sworn before Notary Aravind Patil. G.G Bangalore

I, LAKSHMI JANARDHAN, Residing at No 15, Sri Ranga Nilaya, Rathna Vilasa Road, Basavangudi, Blore - 560004, Have changed our minor son name SHRIKAR L JANARDHAN to SHRIKAR LAKSHMI JANARDHAN vide affidavit dated 31/03/2023 sworn before Notary Aravind Patil. G.G Bangalore

I, MOHAMMED JAWAD residing at No.18, 6th Main, Near Naval Detachment Gate, SK Garden, Benson town, Bangalore-560046 have changed my name to MOHAMMED JAWAAD vide affidavit dated 19.04.2023 sworn before notary V Rajashekhara, Bangalore.

I, Omega Hosanna R/a 53A, GV Cottage, 1st cross, 2nd Main, Raghavendra Nagar, Rama Murthy Nagar Bangalore 560016. I have changed my name to Omega Hosanna Vahendran. Vide affidavit dated 19-04-23, sworn before notary S.N Madhu Bangalore.

I, Sardar Siraj R/o Flat.504, B-tower, RMZ Latitude, Dasarahalli main road, Amruth Nagar, Bengaluru 560092 have changed my minor son name from Mohammed Ayaan Sardar to Ayaan Sardar affidavit Dt.19/04/2023 notary Ganesh Gowda M. V, B'luru

I Thaygaraj Kuppuswamy S/O, Kuppuswamy Appaswamy R/o No 896, 6th Main, 4th Cross, Kamalanagar, Basaveshwaranagar, Bengaluru - 560079 have changed my name to Thyagaraj Kuppuswamy for all purposes.

I, Ismail Ali Sharif s/o Sharif R/o ward.1, Degula matta road, Budikere, Kanakapura town, Ramanagar 562117 have changed my name to ISMAIL ALI affidavit Dt.17/04/2023 notary Ganesh Gowda, Bengaluru. Present my camp at Bengaluru

I, Shilpa Susan Jatheesh D/O Abraham Varughese R/O Flat No :01137, Sobha Dream Acres Panathur Road Balagere . Varthur Bangalore Pin :560087 Has changed my name to Shilpa Susan Abraham for all future purpose

I, PRADNYA JAMKHANDI, Residing at G-2, V R Terrace, 7th Cross, Temple Road, Beside Vinayaka Temple, Nobo Nagar, B.G. Road, Bangalore South, Hulimavu, Bangalore-560076. Have changed My name to PRADNYA ANAND JAMKHANDI vide affidavit dated 18/04/2023 before Notary Aravind Patil G.G Blore.

I Velu Prabhu DP R/o Flat-205, Sri Bhagwan Elite, Manipal County Road, Singasandra, Bangalore-560068. have changed my name to Velu Prabhu Dhasari Perumal. S/o Perumal Mudaliar Dhasari Elumalai

I Anuradha Krishna Murthy D/O, Gopal Muniswami R/o No 269, 2nd Main Road, 4th Cross, 6th Phase, Mahaganapathinagar Bengaluru - 560010 have changed my name to Anuradha Gopal for all purposes.

I, MOHAMOOD AZIZ SHAIK, s/o, AbdulAzeez and Residing at No.4/1, 2nd floor,Five-Winds, 3rd cross, Manjunath layout, R T Nagar Post, Bangalore 560032, Karnataka. India have changed my name to SHAIK MAHAMOOD vide Affidavit dated 18.04.2023 sworn before notary S.R. Paramashivaiah Bangalore.

I Smt . Preeti Chandrashekhar r/o #16, LV Mansion , 13th Cross Sir M Vishveshvariah layout kodigehalli extn. Bengaluru-560097 changed my name to Smt. Preeti Chandra Shekhar Ksheerasagare

I, VIVEK JOYTI LAMA, S/O Bidde Chandra Lama, Resident of Banaswadi, Bangalore has changed my name from VIVEK JYOTI LAMA to VIVEK JOYTI LAMA for all future purpose.

‘I am not the CM who runs away’

CM Bommai files nomination in Shiggaon; actor Sudeep accompanies him on roadshow, asks people to vote for his ‘Bommai Mama’

POLL VAULT

Karnataka Chief Minister Basavaraj Bommai on Wednesday filed his nomination for the May 10 Assembly polls from his traditional seat of Shiggaon in this district amid fanfare.

He was accompanied by BJP national president JP Nadda and Kannada film star Sudeep, as he filed his papers before the election returning officer.

Bommai is seeking re-election from Shiggaon, from where he has been an MLA three times since 2008.

Earlier, he visited temples, and also held a massive road show along with Nadda and Sudeep in Shiggaon.

Hundreds of people gathered as Bommai, Nadda and Sudeep travelled through the streets in a specially-designed vehicle, after garlanding the statue of Kittur Rani Chennamma, who in 1824 led an armed resistance against the British East India Company.

They later addressed a public meeting, seeking votes for Bommai and the BJP.

Addressing the gathering, Nadda said the nomination which Bommai was filing today was not just for the MLA’s post, “but it is a way that will give direction for Karnataka to move ahead”.

“Looking at your enthusiasm I’m sure that you have decided to send Bommai here to the Assembly for the next five years. I have not come here just to ask for Bommai from you, but have come to seek vote from you on the lotus symbol so that the ‘Ganga’ of continuous development keeps flowing in Karnataka,” he said.

CM Bommai, JP Nadda and Kiccha Sudeep during a roadshow in Haveri district

He hit out at the Congress, accusing it of being corrupt and warned that if it came to power in Karnataka, it would use the state as its ATM and would also withdraw the ban on the Islamic political organisation, Popular Front of India, which would increase communal and violent activities.

In his speech, Sudeep, seeking support for his “Bommai Mama”, as he affectionately calls him, appreciated Prime Minister Narendra Modi. “I have come here for our Chief Minister. My loving Bommai Mama is a person who has done a lot of good work in a very short span. He is apt for what they say in Hindi -- not for ‘naam ke vaaste, but for kaam ke vaaste’,” he said.

“As an Indian, I appreciate a lot of work done by our Prime Minister Narendra Modi. If we go to foreign countries people speak proudly about India,” he said. Listing out the various developmental works done by him in the segment, he said, “There were a lot of speculations that the CM will change his constituency and contest from another seat. I’m not the CM who runs away. Whatever it is, my people should decide about me because you are my ‘malik’ (owners).”

Bommai won in Shiggaon in the 2018 Assembly polls by 9,260 votes. -PTI

Siddaramaiah’s succession plan

Siddaramaiah visited Chamundeshwari Temple on Chamundi Hills before filing nominations on Wednesday

Senior Congress leader and former Chief Minister Siddaramaiah on Wednesday filed nomination from Varuna constituency in this district, for the May 10 Karnataka Assembly polls, as he reiterated that this would be his last election and virtually laid out a ‘succession plan’ of sorts.

The 75-year-old Leader of Opposition indicated his son and grandson to be his political successors. “This is my last election, after that there is Yathindra (son), and Dhawan Rakesh (grandson),” he said.

Siddaramaiah’s younger son Dr Yathindra Siddaramaiah is the sitting Congress MLA from Varuna.

An eight time MLA, Siddaramaiah had earlier won twice from Varuna, and went on to become the Leader of Opposition after winning from here in 2008, and then became Chief Minister after 2013 Assembly polls.

The Congress legislature party leader offered prayers to his family deity Siddarameshwara at the temple in his native village of Siddaramanahundi, and also visited Sri Rama temple there, and held a massive road show before filing the nomination.

He also visited the famous Chamundeshwari Temple on Chamundi Hills in Mysuru, and addressed a public meeting ahead of filing papers.

Pointing out that he is the son of the soil, as his village Siddaramanahundi comes under Varuna segment, Siddaramaiah while addressing the public meeting said this will be his last election. After contesting this poll, he will retire from electoral politics, but not from politics.

Dhawan Rakesh is son of Siddaramaiah’s late elder son Rakesh Siddaramaiah. Further, he urged people to ensure that he wins with a margin of over one lakh votes. -PTI

Poll wrap: What is Karnataka up to?

It’s time to hide your brooms

During the elections, the officials may find it challenging to hide one of the party’s symbols. The Aam Aadmi Party (AAP) with the symbol broom is contesting from many constituencies in the state. As a result, the Election Commission is faced with the challenge of hiding the party’s symbol and image from the public eye everywhere. Ensuring the protection of the polling booths and their surroundings on the day of polling will be a challenging task for the commission, requiring special care for waste disposal and additional work by the election staff.

An official said that in accordance with election rules, any material or images representing the symbols of contesting parties in constituencies should be hidden until the end of the election to avoid influencing the voters. This was seen in the Uttar Pradesh elections, where all elephant effigies were covered with clothes because the Bahujan Samaj Party (BSP) is symbolised by an elephant.

Similarly, the broom symbolising the AAP’s cleaning agenda must be kept out of sight 48 hours before the start of polling to comply with the election code of conduct. Efforts should be made to maintain cleanliness around the polling booths, and any disruptions or disturbances should be kept from showing up to the voters. Since AAP has been granted the status of a national party, the order of candidates and parties in the voting machines will change. The BJP, INC, and JD(S) will occupy the first row, followed by the AAP. -BMB

Never growing old?

Age seems to be just a number for 91-year-old Shamanur Shivashankarappa, who is again gearing up for the Assembly polls in Karnataka, as he calls himself a ‘galloping horse’ in the electoral arena.

The Congress veteran, a five-time MLA and also a former Lok Sabha member, has been re-nominated by the grand old party to contest from Davangere South.

“I have people’s support and God’s blessings. What else is required?” he said.

Shivashankarappa, who has virtually become ‘synonymous’ with Davangere in central Karnataka, says with a smile, expressing confidence of winning again.

Dwelling on how the Congress gave him a ticket given his advanced age, he replied wittily: “Only galloping horses are chosen for races. I am one such horse. I am going to win with the highest margin in the election.”

The main fight of the elderly politician, who is also President of the influential Veerashaiva Mahasabha, in the May 10 Assembly elections is with BJP’s B G Ajay Kumar, a former Davangere mayor. SS, as people around the veteran leader fondly call him, needs support while walking but has a good listening capacity and speaks his mind with clarity. -PTI

Hurry Last 4 Days
RAMBO CIRCUS
PRESENTS
International Circus Festival
Daily 3 Shows 1:30pm, 4:30pm & 7:30pm
We accept all Debit & Credit Cards
book my show
9611554897
ST.JOHN’S AUDITORIUM, OPP BDA COMPLEX GATE NO.5, KORAMANGALA

Chai-Time

SOLVE IT IN A MINUTE

7!-!6-5#-#4=?

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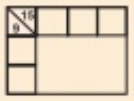
@BangaloreMirror

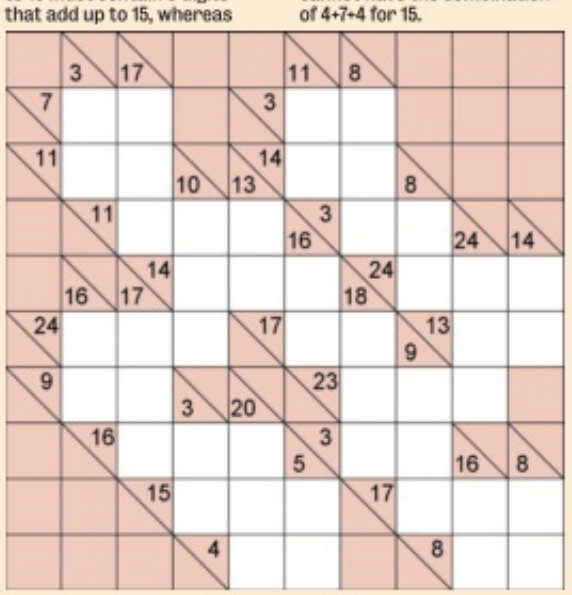
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

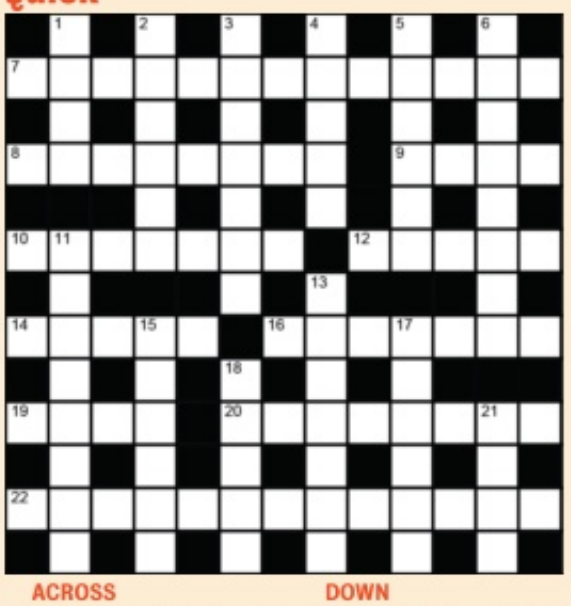


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 A fairy tale beginning? (4,4,1,4)
8 WWII Japanese fighter pilot (8)
9 Ancient Greek coin (4)
10 Drinks or absorbs (7)
12 Unfreezes (5)
14 Expel (5)
16 Hangs around (7)
19 Greek peak (4)
20 Leaping over (8)
22 Do one's good deed for the day, in a way? (4,1,3,1,4)

DOWN

1 Social activist __ Hazare (4)
2 The heavenly twins (6)
3 Orator (7)
4 Leg joints (5)
5 Waiting to receive visitors (2,4)
6 One who pretends to be another (8)
11 Alternative name for Kempe Gowda bus station (8)
13 Reveal (7)
15 Tore or scratched? (6)
17 Just copes (4,2)
18 Make good an escape (5)
21 Convent women (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS G

YUWAXKL XR GCO NORG SDR-RXNWO OFOVEXRO. CUNXG-PUGO ZDPVROWB GD YUWA JOVZ BUV.

Linemaro

I'm not drunk, just intoxicated by you

Mindchow

One's destination is never a place, but a new way of seeing things

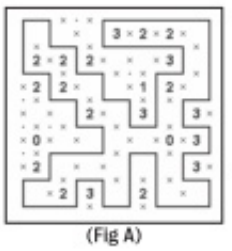
Joke of the day

Pirate walks into bar with a metal hook for an arm and an eyepatch. Bartender: How did you lose your eye? Pirate: A seagull shit in it. Bartender: You lost an eye from gull shit? Pirate: Well, it was my first day with the hook.

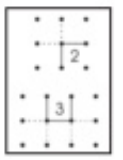
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

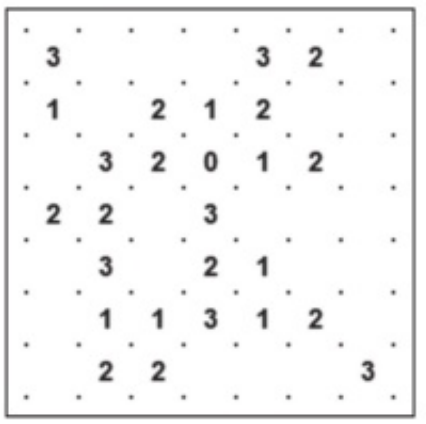


(Fig B) Not Allowed

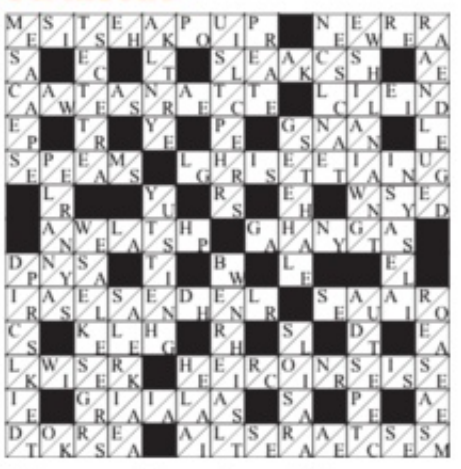
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



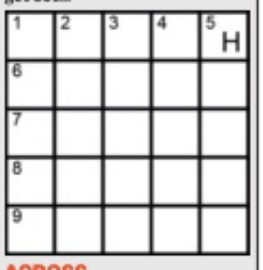
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

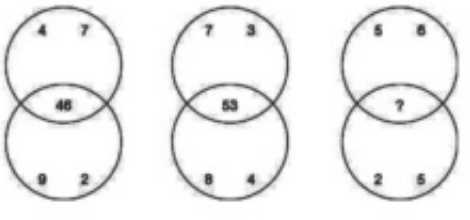
1 R hash; 6 Ulna I;
7 Tours; 8 LP Mac;
9 Shlep

DOWN

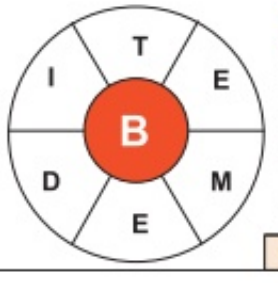
1 CH hit; 2 Alone;
3 Ur Lar; 4 Lumps;
5 PS has

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

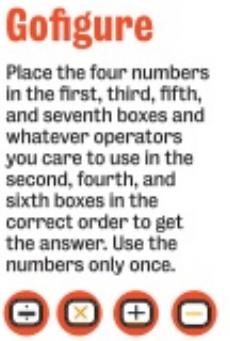
SudokuChallenge

	4			5			8	
	6		3		2		1	
		7	4		8	9		
4		6				1		8
				9				
2		5				3		9
		8	1		6	7		
	7		9		3		5	
	1			2			6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

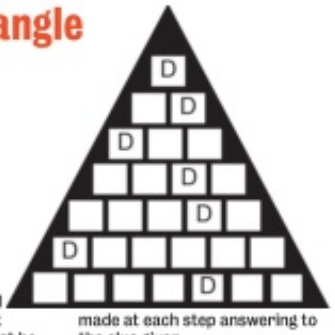
Differences: 1. Cord is different. 2. Flower bed is moved. 3. Window is different. 4. Shirt is different. 5. Cap is different. 6. Foot is moved.

Riddler

You wake up on your birthday, only to find that all your presents are gone! The only thing there is a card. You open it, and it says: I have hidden your presents. Use these clues to find out where they are. Now, don't waste a SECOND, and start working! Lap At Star Fit Act.

Alpha triangle

1 Five hundred
2 Editor, abbr.
3 Lair
4 Terminates
5 Slyly derisive
6 Eating spots
7 One in the know



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

THE GUYS ON THE WEATHER CHANNEL SEEM PRETTY STOKED ABOUT THE BIG STORM THAT'S COMING!
IT'S A PERFECT STORM FOR THEM... A SUPER LOW PRESSURE SYSTEM COMBINED WITH A WINNIPEG WINDJAMMER AND A POLAR BOMB VORTEX...
LANDING RIGHT IN THE MIDDLE OF SWEEPS WEEK!

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon, and your destiny is likely to be with you. You may be more energetic and focused on your work. Your hard work may pay off in terms of success. Your colleagues may help you in your hard times. You are likely to go on a short work-related trip. Some good news may come from your sibling.

Taurus Apr 21 – May 20
Today, messy situations are now under control, and you may feel peace in your mind. You may be able to make a proper balance in your expenditure and earnings, which may increase your financial health. You are advised to avoid too much traveling or overworking as it may affect your health. Students can start planning for their future. Love birds may enjoy their happy moments.

Gemini May 21 – Jun 21
Today, you may have good support from your family members. You may also have some expansion in your family business during these days, which will increase the social status of your family. You may also plan to expand your family in terms of a new child, which may improve bonding between family members. Students may apply for some scholarships for higher studies.

Cancer Jun 22 – July 23
Today, you may face health issues as last night's sleeplessness may have mentally tired you. You may not be focused on your work today, and you may feel lazy, which may affect your commitments. It is advised to avoid rash driving and adventure tours. You are also advised to avoid spending money on worthless stuff.

Leo Jul 24 – Aug 23
Today, you may be happy, spread happiness around you, and feel harmony in your domestic life. You may enjoy some romantic moments with your spouse, and your family may support you in taking some important decisions on the professional front. You may expect some new ventures or partnerships in the business or work.

Virgo Aug 24 – Sep 23
Today, you may be more spiritual, and your destiny may be with you. You may expect good gains from your past investments. Bonding with your boss is likely to improve, which may give you benefits in terms of promotions. You may also hear some good news from your sibling. You are advised to control your harsh speaking in love and personal life as it may affect your personal and love life.

Libra Sep 24 – Oct 22
Today, you may be busy in social get-togethers, and you may also meet some old friends. Your network might be strong, which may give you benefits in the near future on the work front. Natives related to export and import, glamour, and artifacts may perform better. Students are likely to perform better today in terms of study. Love birds may enjoy their happy moments.

Scorpio Oct 23 – Nov 22
Today, you may be a victim of sleeplessness, which may make you feel lazy. You may also become careless, which may negatively affect your inner strength. You are likely to be nervous at work, which may affect your running project. You are advised to avoid making investments in dead stuff. You are also advised to avoid spicy food as it may affect your digestive system. You should avoid rash driving.

Sagittarius Nov 23 – Dec 22
Today, you may be busy with family matters. You may take some important decisions on the domestic front. You should avoid making arguments in personal life matters, as your arrogance may affect your domestic harmony. By late evening, things may be under control. You are advised to follow your intuition before making investments in the business.

Capricorn Dec 23 – Jan 20
Today, a positive moon may make you happy. You may use your patience at every stage, and your performance may be good in the job. You may get some incentives in terms of rewards. Health-related issues of family members will be resolved now. Job seekers are likely to get a suitable job in their domain. Love birds may enjoy their dating.

Aquarius Jan 21 – Feb 19
Today you may have fixed results. It is advised not to expect too much from anyone around you as it may lead to disappointment. You may have a self-exploration and self-analysis day which will allow you to filter yourself. After the filtration process, you may feel more confident and ready to accept challenges around you.

Pisces Feb 20 – Mar 20
Today, you may feel dissatisfied which can make you upset. You may not be able to enjoy your single moment and may experience a lack of patience, which may affect your work. Silly mistakes may occur in your way of working. You may also visit a religious place to seek peace. It is advised to practice meditation or yoga.

KIDZONE

Anagha N, 10 Years, Vidyaniketan, Tumkur

Diti R Bafna, 6 Years, Sophia High School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
5040-265-(5•3•2)-(2•5•6•7)
=5040-265-240
=4535

BULL'S EYE
BETTIME, beet, bite, bite, debit, debt, imbed

QUOTE UNCODE
Walking is the best possible exercise. Habituate yourself to walk very far.

FAST FIVE

H	A	R	S	H
C	L	A	M	P
T	O	R	U	S
I	N	U	L	A
H	E	L	P	S

STRIKE OUT

M	I	T	H	A	P	U	R	E	W	E	E	R		
A	E	T	L	E	A	C	H	E						
C	A	T	A	R	A	C	T	L	I	E	N			
E	R	Y	E	S	A	N	E							
K	I	E	R	E	E	R	I	N	E	S	S			
C	K	E	G	H	L	D	A							
I	S	L	A	N	D	E	R	S	A	R				
P	Y	A	M	A	S	H	G	A	N	G	A			
L	U	S	E	N	Y	E								
S	P	A	M	G	R	I	T	T	I	N	G			
E	R	Y	E	S	A	N	E							
D	O	S	E	I	T	E	R	A	T	E	S			

QUICK

C	D	E	E	Y	S									
G	I	V	E	A	D	O	G	A	B	O	N	E		
T	W	A	L	S	U									
E	L	E	V	E										
E	J	E	C	T	L	I	N	G	E	R	S			
A	D	E												
I	M	B	I	B	E	S	M	E	L	T	S			
N	K	S	M	S										
K	A	M	I	K	A	Z	E	O	B	O	L			
N	M	E	E	H	P									
O	N	C	E	U	P	O	N	A	T	I	M	E		

SUDOKU

1	4	3	6	5	9	2	8	7
8	6	9	3	7	2	5	1	4
5	2	7	4	1	8	9	3	6
4	9	6	2	3	5	1	7	8
7	3	1	8	9	4	6	2	5
2	8	5	7	6	1	3	4	9
3	5	8	1	4	6	7	9	2
6	7	2	9	8	3	4	5	1
9	1	4	5	2	7	8	6	3

ALPHA TRIANGLE
D, Ed, Den, Ends, Sinde, Diners, Insider.

GO FIGURE
Easy
4 x 8 – 4 – 5 = 23
8 + 8 + 1 – 3 = 14
Medium
5 x 3 + 5 + 4 = 24
Hard

LOOP

KAKURO

MENSA PUZZLE
(40; 4 • 7 = 28) + (9 × 2 = 18) = 46; (7 × 3 = 21) + (8 • 4 = 32) = 53; (5 × 6 = 30) + (2 • 5 = 10) = 40

RIDDLER
You use the second letters of each word, and they form the word ATTIC. You walk up to your attic, and there your family waits, along with all your friends and all your presents.

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 # Tell me the story... in 3 hours

Actor Saif Ali Khan, who has started working on the pan-India film tentatively titled 'NTR 30', has shared that the director of the film, Koratala Siva gave a three-hour narration to him for the film

Killer combo

Halle, Angelina to team up for the first time for action thriller

Hollywood stars Halle Berry And Angelina Jolie are teaming up for an action-thriller movie from Warner Bros.

According to entertainment news outlet Deadline, Warner Bros landed the project, titled "Maude v Maude", following an intense multi-studio bidding war. New Zealand filmmaker Roseanne Liang will direct the film from a script by Scott Mosier.

Though the plot details have been kept under wraps, the project is being touted as a "Bond vs. Bourne" type of a global action thriller with locations to be announced.

Berry and Jolie, who will be seen together for the first time, are also producing the movie. Other producers include Berry's producing partner Holly Jeter via their banner HalleHolly, Jeff Kirschenbaum and Joe Roth of RK Films.

The two stars have worked on some of the biggest action titles of the past 25 years.

Berry has featured in movies such as "Die Another Day", "X-Men" movies, "John Wick: Chapter 3 – Parabellum" while Jolie is known for action films such as "Tomb Raider" movies, "Mr. & Mrs. Smith", "Wanted", "Salt" and "Eternals". **–PTI**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Name game

Director Shoonya will start shooting for his second Kannada movie Rosy, but there is a slight hiccup with the film's title. It seems the Karnataka Film Chambers of Commerce has also approved the title Rosy 45 for a movie with Upendra and Shivarajkumar in the cast and music director Arjun Janya as director. It is alleged producer Ramesh Reddy wrote a letter to the film chambers asking it not to allow any director to take a similar title.

"I did not expect to land in a controversy over the title. I did not know when Ramesh Reddy had applied for the title – Rosy 45. There is a lot of difference between the two titles. The film chambers gave nod to the two titles in a meeting held on the same day," said Shoonya. "The movie revolves around a gangster. Yogi will play a unique role in it," he said.

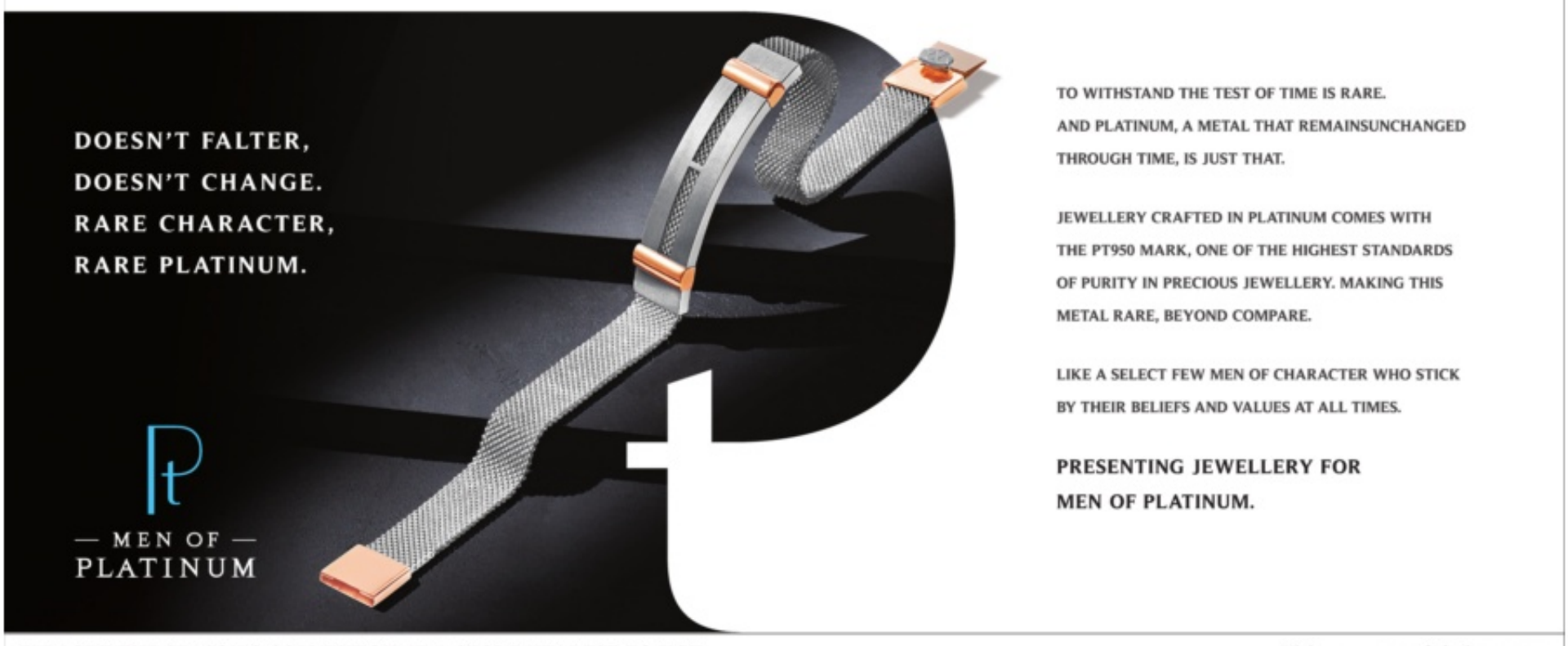
This is their land

Lyricist Hridaya Shiva debuts as a director in Sandalwood with Bisilu Kudure that is scheduled for release on Friday.

The soundtrack of the film was released at Renukamba Preview Theater on Monday. The poster states that no government can make farmers but farmers can make a government. "Bisilu Kudure is my maiden movie as a director. I directed a Tamil film but that is yet to be released. Bisilu Kudure is about the problems of bagair hukum farmers who are

struggling to get title deeds of the land they have been cultivating for many years," said Hridaya.

He thanked all the actors, including directors Victory Vasu and Joe Simon. "I came across many bagair hokum farmers running pillar to post to get land deeds, so I decided to make a movie on their problems," he said.


DOESN'T FALTER,
DOESN'T CHANGE.
RARE CHARACTER,
RARE PLATINUM.
— MEN OF —
PLATINUM
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AND PLATINUM, A METAL THAT REMAINSUNCHANGED
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